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Advanced Autogenic Training and Primal
Awareness Techniques for Wellness, Deeper
Connection to Nature, and Higher
Consciousness Simon and Schuster

Examines the Anunnaki gods' evolving relationships with humanity, their power struggles, and the details of their nuclear war on Earth • Analyzes the crisis and rationale behind the Anunnaki decision to nuke 5 cities in the Jordan plain, resulting in the obliteration of Sumerian civilization • Draws upon the work of Zecharia Sitchin, the Book of Genesis, Sumerian clay tablets, and archaeological evidence such as ancient radioactive skeletons • Examines the Anunnakis' lack of higher consciousness, their reliance on technology, their sacred power objects and sacred geometry, and the possibility of Anunnaki bases on Mars in the distant past The detonation of nuclear weapons in the 20th century was not the first time humanity has seen such terrible destruction. Drawing upon the work of Zecharia Sitchin, the Book of Genesis, Sumerian clay tablets, and

archaeological evidence such as ancient radioactive skeletons, Chris Hardy reveals the ancient nuclear event that destroyed the Sumerian civilization and the power struggles of the “gods” that led up to it. The author explains how the Anunnaki came to Earth from the planet Nibiru seeking gold to repair their ozone layer. Using genetic engineering, they created modern humanity to do their mining work and installed themselves as our kings and our gods. Anunnaki god Enki had a fatherly relationship with the first two humans. Then Enlil, Enki’s brother, took over as Commander of Earth, instating a sole-god theocracy and a war against the clan of Enki and humanity for spoiling the Anunnaki bloodlines through interbreeding. This shift imposed a blackout not only of the very human nature of the Anunnaki “gods” but also of humanity’s own ancient past on Earth. Two of Enlil’s attacks against the Enki clan and humanity are described in the stories of the Deluge and the Tower of Babel. His final attempt, after coercing the Assembly of the Gods into voting yes, was the nuclear bombing of 5 cities of the Jordan plain, including Sodom and Gomorrah, which resulted in the destruction of the Sumerian civilization and the Anunnakis’ own civilization on Earth, including their space port in the Sinai. The author reveals how, after each attempt, humanity was saved by Enki, chief scientist Ninmah, and Enki’s son Hermes. The author explores how the

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Anunnakis' reliance on technology and their recurrent wars caused them to lose touch with cosmic consciousness. And she reveals how we will be doomed to repeat this dynamic until humanity awakens to our true origins.

The book presents three Japanese psychotherapeutic approaches, Morita, Naikan, and Dohsa-hou, in the chronological order of their development, giving a thorough account of both their underlying concepts and practical applications. In addition to describing their idiosyncrasies, a major focus of the book is also to elucidate as to how the deeply imprinted cultural specificities of these approaches, emanating from their common cultural ground, converge to two focal points—silence and body-mind interconnectedness—that vest the approaches with their therapeutic power. In so doing, the book gives an insight into the intrinsic dynamics of the methods and emphasizes on their potential for universal applicability notwithstanding their indisputable cultural peculiarities. This self-contained and well-structured book fills the gap in the yet scarce English-language literature on Japanese psychotherapies.

Brian Tracy is one of the world's leading authorities on success and personal achievement, addressing more than 100,000 men and women each year in public and private seminars. In *Maximum Achievement*, he gives you a powerful, proven

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system -- based on twenty-five years of research and practice -- that you can apply immediately to get better results in every area of your life. You learn ideas, concepts, and methods used by high-achieving people in every field everywhere. You learn how to unlock your individual potential for personal greatness. You will immediately become more positive, persuasive, and powerfully focused in everything you do. Many of the more than one million graduates of the seminar program upon which this book is based have dramatically increased -- their income and improved their lives in every respect. The step-by-step blueprint for success and achievement presented in these pages includes proven principles drawn from psychology, religion, philosophy, business, economics, politics, history, and metaphysics. These ideas are combined in a fast-moving, informative series of steps that will lead you to greater success than you ever imagined possible -- they can raise your self-esteem, improve personal performance, and give you complete control over every aspect of your personal and professional life.

A Student's Dictionary of Psychology is an essential reference for all undergraduate psychology students and those studying psychology for the first time, including those in related disciplines such as health care and social science. It provides the reader with clear definitions of key concepts from all areas of

psychology. This new edition of A Student's Dictionary of Psychology adopts a slightly different format and extended content to previous editions, but it continues to be an 'explaining' dictionary rather than simply a set of one-line definitions. Following up all the references and cross-references relating to a topic should give the reader a reasonable overview of the subject; in that sense, the authors have often referred to it as a kind of random-access textbook, as well as a dictionary of the main terms in psychology. Key features include: Over 2,400 entries in total; Extensive cross referencing for easy navigation; Mini biographies of key psychologists; Common abbreviations and a list of key reference works; Study notes section. This new edition includes increased coverage of psychoneurology, social, clinical, and cognitive psychology, and research methodology, as well as several other terms which have come into common usage in recent years. It also includes a list of common abbreviations, and expanded coverage of significant figures in the history of psychology. This comprehensive dictionary will support the reader all the way through their psychology studies.

An exploration of the multidimensional interplay between body, mind, and spirit • Identifies the frequencies that support life and the dissonant frequencies incompatible with life, such as the imbalances of EMFs • Explains how to cultivate

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higher consciousness by building a strong light body

- Includes techniques and exercises for psychic cleansing, physical and emotional detox, chakra and aura strengthening, and oracular dreaming

Civilization has reached a critical threshold in time unlike any other. Whether life continues to evolve or devolve depends upon our ability to reach higher states of consciousness en masse. This requires calling upon the transformative power of the soul--a power not handed to us, but earned. We are living proof that the physical and spiritual realms of existence work together in unity. Yet for many of us our natural soul light and inner spiritual intuition are suppressed due to the distractions of day-to-day living and the electromagnetic pollution of our screen-filled technological world. In this exploration of the multidimensional interplay between the body, mind, and spirit, Carrie L'Esperance reveals how we can restore the flow of spiritual light in everyday living through the art of self-mastery. She explains how technology has severely reduced humanity's natural abilities and spiritual power. She shows how EMFs and wi-fi toast our energetic bodily systems and suppress our immune systems, blocking the ethereal frequencies of light and suppressing our creative intuition and higher powers. Detailing the spiritual bio-geometry of light and the holographic principle, she explores how the cells of our bodies receive light's deeper vibratory frequencies to support conscious

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evolution and soul development as well as explaining near-death and out-of-body experiences. She identifies the dissonant energies that endanger mind/body health and reveals new advances in brain science that allow us to transcend the malign influences that hamper human evolution. She provides exercises and techniques for spiritual alignment and receptivity, including psychic cleansing, physical and emotional detox, chakra and aura strengthening, and oracular dreaming. Preparing us for the new cosmology and the greater community of worlds that is being revealed, L'Esperance shows that when we are properly connected with our soul's intelligence and cultivate the reception of higher frequencies of consciousness, then we are able to soul breathe, to absorb more pranic energy, the electromagnetic force and cosmic radiation that is the sustaining element of all life and consciousness.

An in-depth look at the history, herbal uses, and spiritual aspects of the sacred trees in the ancient Celtic Ogham Tree Alphabet • Details the 20 trees of the ogham alphabet and their therapeutic and magical virtues • Examines the Forest Druid practices associated with each tree as well as the traditional uses in Native American medicine • Describes the Celtic Fire Festivals and how each tree is featured in these holy days • By the author of A Druid's Herbal for the Sacred Earth Year The

Druids used the ancient Ogham Tree Alphabet to work magic and honor the dead, surrounding each letter with medicinal and spiritual lore. Poets and bards created a secret sign language to describe the letters, each of which is named for a tree or a plant. For centuries this language was transmitted only orally in order to protect its secrets. Combining her extensive herbal knowledge and keen poetic insight, Ellen Evert Hopman delves deeply into the historic allusions and associations of each of the 20 letters of the Ogham Tree Alphabet. She also examines Native American healing methods for possible clues to the way ancient Europeans may have used these trees as healing agents. Druidic spiritual practices, herbal healing remedies, and plant lore are included for each tree in the alphabet as well as how each is used in traditional rituals such as the Celtic Fire Festivals and other celebrations. Hopman also includes a pronunciation guide for the oghams and information on the divinatory meanings associated with each tree.

Why is there currently such strong academic and popular interest in ‘the body’ in contemporary societies? What factors shape our conceptions of the body, its naturalness, health and normality? What is the mind-body dualism and why should it matter? This book examines these and other body questions from a critical socio-cultural perspective. In particular, it shows how conceptions of the body are

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affected by processes of individualization, medicalization and commodification. Chapters discuss the impact of new biomedical technologies on the notion of the natural body, efforts to reshape and perfect the body, the role of the media in 'framing' body issues, processes of body classification, the impact of consumerism on concepts of health, healing and self-care, and the implications of theoretical and practical efforts to 'integrate' mind and body. This book will be an invaluable source for those seeking to understand the social, cultural and political significance of 'the body' in contemporary society.

A guide to integrating ecstatic trance, soul retrieval, and psychotherapy to overcome emotional challenges and deepen your connection to all life on Mother Earth • Describes the methodologies of ecstatic trance and psychotherapy, explaining how they can be integrated in a way that feels familiar and safe • Illustrates five ecstatic postures for strengthening identity, uncovering the root of suffering, and aligning with a spirit guide • Includes three in-depth case studies to illustrate how to override negative beliefs and habits and experience oneness with the Earth and all life Sharing the wisdom of shamanic healing, Nicholas Brink creates an accessible link between psychotherapy and the ritualized use of ecstatic trance postures. He explains how ecstatic trance triggers the imagery that allows us to override negative beliefs and retrieve the lost innocence of the soul. He shows us how to broaden healing beyond the resolution

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of individual emotional and behavioral issues to create harmony in family, community, society, and the world around us. Integrating cognitive behavioral therapy, narrative therapy, and dream analysis, the author provides a unique model for tapping into the universal mind in a way that feels familiar and safe. He illustrates five ecstatic postures for emotional and spiritual growth, moving from finding a place of relaxation in which to strengthen your sense of self to the soul retrieval experience, which leads to the death of dysfunctional beliefs and restoration of your original innocence. The author shows how spirit guides can support us as we achieve the spiritual consciousness of the shaman and recognize the interdependence of all cultures and all living things on the planet. Using three in-depth case studies, Brink demonstrates how these practices can be used to resolve common psychological issues such as agoraphobia, panic attacks, irrational anger, mood swings, obsessive behaviors, and control issues.

Allowing you to find your inner shaman--your ability to heal yourself and, in turn, to contribute to the healing of all life on our planet--ecstatic soul retrieval helps you overcome emotional and behavioral problems, override negative beliefs, and experience oneness with all life on Mother Earth.

God is great—for your mental, physical, and spiritual health. Based on new evidence culled from brain-scan studies, a wide-reaching survey of people's religious and spiritual experiences, and the authors' analyses of adult drawings of God, neuroscientist Andrew Newberg and therapist Mark Robert Waldman offer the following

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breakthrough discoveries: • Not only do prayer and spiritual practice reduce stress, but just twelve minutes of meditation per day may slow down the aging process. • Contemplating a loving God rather than a punitive God reduces anxiety and depression and increases feelings of security, compassion, and love. • Fundamentalism, in and of itself, can be personally beneficial, but the prejudice generated by extreme beliefs can permanently damage your brain. • Intense prayer and meditation permanently change numerous structures and functions in the brain, altering your values and the way you perceive reality. Both a revelatory work of modern science and a practical guide for readers to enhance their physical and emotional health, *How God Changes Your Brain* is a first-of-a-kind book about faith that is as credible as it is inspiring.

Crown House is pleased to announce the publication of the third edition of *The Art of Hypnosis: Mastering Basic Techniques* by Roy Hunter. This updated third edition includes a new introduction by Conrad Adams PhD together with a revised Chapter 1. Roy Hunter is an expert in the field of hypnosis. He was specially selected to carry on the work of the 'Grand Master of Hypnotherapy', the late Charles Tebbetts, who was a master teacher and contributor to the art/science of hypnosis and hypnotherapy. This book is based upon the training course of Tebbetts, which has been updated by Roy Hunter. Tebbetts' training has formed the basis of a large number of hypnotherapy courses taught in America and Europe. *The Art of Hypnosis* is well-written and easy to read and understand, even for the novice. In-depth

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and practical information is given on how to achieve maximum results in a hypnotic session by phrasing suggestions properly and by using various techniques to determine which approach is best for each individual client.

A groundbreaking exploration of the spiritual dimension of working with the enneagram by one of its earliest students and teachers in America. Here is one of the first books to explore in an authentic and comprehensive way the original spiritual dimension of the enneagram. Among the most knowledgeable teachers of the enneagram in America, Sandra Maitri shows how the enneagram not only reveals our personalities, but illuminates a basic essence within each of us. She shows how traversing the inner territory particular to our ennea-type can bring us profound fulfillment and meaning, as well as authentic spiritual development.

A Shamanic Odyssey of Discovery When you leave the beaten path of civilization, you enter the world of primal and mysterious forces—and encounter wonders you never thought possible. This is the territory of the shaman. To learn the secrets of shamanism, José Luis Stevens has traveled to the remote and wild places where the oldest human spiritual practice still exists in its purest form. With Encounters with Power, this respected teacher invites you to experience his journeys to meet shamans around the globe—and share in the wisdom he received. Join this master storyteller as he recounts his meetings with Spirit in its many guises, including: • India and the Life-Changing Reading—at a turning point in his life, Jose receives a startlingly accurate prophecy • Lost

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in Mexico—a humbling education in the difference between “power” and “control” • The Guatemala Test and Initiation—the power of being frugal with judgment and generous with forgiveness • Encounters with the Power of Aborigines and Songlines Down Under—sometimes the teacher appears when the student is not ready • Journeys for Power with Medicine—visions with the plant spirit of ayahuasca • A Magical Andes Wedding—an unforgettable ceremony attended by people, spirits, and the forces of nature • The Dolphin Brujos—nature’s tricksters teach a sharp lesson in responsibility and humility • Encounters with the Dark Shaman—a perilous jungle journey reveals the ferocity of nature and the dangerous side of shamanic practice • Nevado Aconcagua: Pilgrimage to a Sacred Mountain—how a holy place can be both a dangerous trial and a source of limitless support Power is everywhere—encounters with power can happen any time. “In my travels to meet these extraordinary healers,” writes José, “I’ve had terrifying, enlightening, and at times hugely entertaining adventures. Power can destroy us or it can raise us up by teaching us and nourishing us. I may not be a master, but I have learned a few things that you may find helpful on your own quest.”

- A ten-step technique, based on the teachings of the Toltecs, that allows the reader to heal from traumatic life events and emerge with new energy and direction. • Introduces the practice of Recapitulation, a method used by the indigenous people of Mexico to restore balance to the psyche. • Ideal for people suffering the effects of

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childhood trauma, broken relationships, abuse, depression, anxiety, and other psychological stresses. What if it were possible to revisit the traumatic or difficult events of our past and emerge renewed, re-energized, and healed from the damage left within us by these events? The practice of Recapitulation can do just this through a series of energetic exercises that can ultimately free us from the repetitive emotional conflicts and persistent negative patterns that often result from trauma. Victor Sanchez shares with the reader both the philosophy and practical applications of this ancient Toltec technique. Anyone who has lived through a long, difficult experience--perhaps a serious illness, broken relationship, sexual abuse, or a childhood spent in a divisive family environment--can benefit from this process. Recapitulation makes it possible to actually relive and resolve the events that have caused emotional distress. In this clear and straightforward workbook, the author guides readers through the ten steps of Recapitulation and invites them to experience the powerful and positive new energy that results from healing the wounds of the past. The Toltec Path of Recapitulation offers an ancient ritual of renewal for the contemporary world.

Biofeedback training is a research methodology and training procedure through which people can learn voluntary control over their internal physiological systems. It is a merger of multiple disciplines with interest deriving from many sources--from basic understanding of psychophysiology to a desire for enhanced self-awareness. The goals of biofeedback are

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to develop an increased awareness of relevant internal physiological functions, to establish control over these functions, to generalize control from an experimental or clinical setting to everyday life, and to focus attention on mind/body integration. Biofeedback is explored in many different settings. In the university, biofeedback equipment and applications can be found in the departments of experimental and clinical psychology, counseling, physiology, biology, education, and the theater arts, as well as in the health service (student infirmary). Outside the university, biofeedback may be found in different departments of hospitals (such as physical medicine), private clinics, education and self-awareness groups, psychotherapy practices, and elsewhere. Its growth is still expanding, and excitement is still rising as a result of biofeedback's demonstration that autonomic functions can be brought under voluntary control and that the long-standing artificial separation between mind, body, and consciousness can be disproven.

A contemporary adaptation of an indigenous Huichol teaching tale, illustrated with traditional yarn drawings by Huichol artisans • Shares the hidden treasures of a nature-based indigenous culture • A teaching tool for multicultural studies for children ages 6 to 9 • Explains who the Huichol people are and the symbolism of the images used by the artists The Huichol Indians live in the remote regions of the Sierra Madre Mountains of western Mexico, where geographic isolation has allowed them to retain their culture and spiritual traditions in the face of colonization. Their nature-based way of life makes no

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distinction between the sacred and the secular, and they express their reverence for the powers of the earth by regarding all elements in nature as family. The Journey of Tunuri and the Blue Deer is a modern adaptation of a traditional Huichol story depicting a young child finding his (or her) personal task in life by connecting with the powers of nature. The story is told through the experiences of young Tunuri, who becomes lost in the woods. He meets the magical Blue Deer--a messenger between the worlds of mortals and deities--who introduces Tunuri to Father Sun, Mother Earth, and others in the natural world, while leading him back to his human family. Through this lovely tale and the vivid illustrations done in the medium of traditional Huichol yarn drawings, children can learn about their place in the sacred web of life.

A neuroscientist and Zen practitioner interweaves the latest research on the brain with his personal narrative of Zen. Aldous Huxley called humankind's basic trend toward spiritual growth the "perennial philosophy." In the view of James Austin, the trend implies a "perennial psychophysiology"—because awakening, or enlightenment, occurs only when the human brain undergoes substantial changes. What are the peak experiences of enlightenment? How could these states profoundly enhance, and yet simplify, the workings of the brain? Zen and the Brain presents the latest evidence. In this book Zen Buddhism becomes the opening wedge for an extraordinarily wide-ranging exploration of consciousness. In order to understand which brain mechanisms produce Zen states, one needs some understanding of the anatomy, physiology, and chemistry of the brain. Austin, both a neurologist and a Zen practitioner,

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interweaves the most recent brain research with the personal narrative of his Zen experiences. The science is both inclusive and rigorous; the Zen sections are clear and evocative. Along the way, Austin examines such topics as similar states in other disciplines and religions, sleep and dreams, mental illness, consciousness-altering drugs, and the social consequences of the advanced stage of ongoing enlightenment.

A rare in-depth look at the inner workings of Huichol shamanism • Describes the five sacred sites of the Huichol and their peyote ceremonies • Explains how the Huichol teachings of awareness, centered on the five points of attention, connect you to your true essence • Reveals the deep relationship between Huichol cosmology, Gnosticism, and Christianity, especially Jesus Christ and the Virgin Mary

Taking place in the heart of the Huichol homeland in western Mexico, this book offers a rare in-depth look at the inner workings of Huichol shamanism, which is permeated with the use of the sacred peyote cactus. Outsiders are almost never allowed access to Huichol sacred sites and ceremonies; however, James Endredy, after years of friendship with Huichol families, earned the privilege nearly by accident. Swayed by persistent pleading, he agreed to take another gringo into the mountains to one of the Huichols' ceremonial centers, and they were both caught. After trial and punishment, Endredy was invited to stay within the sacred lands for the festivities he had illegally intruded upon and found his initiation into the Huichol shamanic tradition had begun. Sharing his intimate conversations and journeys with the shaman he calls "Peyote Jesus," the author explains how Huichol belief revolves around the five sacred directions, the five sacred sites, and the five points of attention. As Peyote Jesus explains, the five points of attention refer to dividing your awareness yet staying focused on your inner self. This is

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not a normal state of consciousness for most people, yet when we maintain these points of attention, we discover our true essence and move closer to God. Endredy undergoes dozens of spiritual journeys with peyote as he makes the pilgrimages to the five sacred Huichol sites with Peyote Jesus. He is shocked by his vision of the Virgin Mary while under peyote's guidance and learns of the deep relationship--strictly on Huichol terms--between their cosmology, Gnosticism, and Christianity, especially Jesus Christ. Providing an inside look at the major ceremonies and peyote rituals of the Huichol, this unexpectedly powerful book reveals the key tenants of the Huichol worldview, their beliefs in the afterlife, and their spiritual work on behalf of all of humanity.

Subliminal Therapy is a technique that utilizes hypnotic phenomena for therapeutic purpose without requiring a formal trance induction. The protocol is effective as a sole intervention or as an adjunct to other forms of treatment. In this volume, the reader is introduced to the concepts and applications of Subliminal Therapy and taught its protocol as well This includes establishing identifiable communication with the unconscious domain, uncovering influences that are causing current problems, and resolving those influences. The logically applied protocol of Subliminal Therapy engages unconscious process to uncover the causes of presenting problems, whether manifesting physically, emotionally, intellectually or behaviorally, and then to resolve that influence through re-framing and re-conditioning. The causes of psychogenic problems are usually not consciously recognized; only the resultant symptom - the disability - is apparent. Subliminal Therapy provides a practical, efficient and logical way to identify the cause, as well as a practical, efficient and logical way to resolve its influence. Although Subliminal Therapy may be new concept for professionals, it

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has been evolving over the past thirty years into a most efficient protocol. The technique has proved especially effective in the treatment of anxiety and the effects of early abuse such as sexual dysfunction, unresolved anger and psychogenic medical problems.

Considering how culturally indispensable digital technology is today, it is ironic that computer-generated art was attacked when it burst onto the scene in the early 1960s. In fact, no other twentieth-century art form has elicited such a negative and hostile response. When the Machine Made Art examines the cultural and critical response to computer art, or what we refer to today as digital art. Tracing the heated debates between art and science, the societal anxiety over nascent computer technology, and the myths and philosophies surrounding digital computation, Taylor is able to identify the destabilizing forces that shape and eventually fragment the computer art movement.

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader the “who, what, where, how, and why” of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats. Back

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matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books, journals, and organizations guide students to further resources beyond the encyclopedia. The Reader's Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

With more questions and answers than any other edition, the Encyclopedia of Counseling, Fourth Edition, is still the only book you need to pass the NCE, CPCE, and other counseling exams. Every chapter has new and updated material and is still written in Dr. Rosenthal's lively, user-friendly style counselors know and love. The book's new and improved coverage incorporates a range of vital topics, including social media, group work in career counseling, private practice and nonprofit work, addictions, neurocounseling, research trends, the DSM-5, the new ACA and NBCC codes of ethics, and much, much more.

Autogenics is the new way to personal enlightenment and psychosomatic health. Based in medical research initiated by JH Schultz in Germany and continued by W. Luthe in Canada and by Luis de Rivera, autogenics trains the basic brain functions needed for personal development and psychosomatic health. This book is useful for new learners of meditation and for seasoned practitioners. Many students of mindfulness have benefited from autogenics to improve their regular technique. The autogenic methods of Sensory

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Meditation and Feeling Meditation easily enables the practitioners of Samatha and Vipassana meditations to learn and train the two basic mental processes of Passive Concentration and Passive Acceptance, described by Autogenics. This is a practical psychotherapy book, based on the most recent medical and neurobiological research. With *The Energy Cure*, Dr. William Bengston presents astonishing evidence that challenges us to totally rethink what we believe about our ability to heal. Drawing on his scientific research, incredible results, and mind-bending questions, Bengston invites us to follow him along his 35-year investigation into the mystery of hands-on healing, and to discover a technique that may activate your healing abilities. Part memoir and part instruction, this provocative book explores: Bengston's paradigm-shifting experimental results and why they seem so difficult for some medical practitioners to accept Image cycling, a unique preparation method for a hands-on-healing treatment Why traditional Western medicine isn't always best, the value of skepticism, the strengths of energy medicine, and more William Bengston, PhD, is a professor of sociology at St. Joseph's College in New York. In his early twenties, he received hands-on healing that ended his chronic back pain. A self-proclaimed rationalist, he began a 35-year investigation that has made him one of today's leading researchers into the mystery and power of energy medicine.

A guide to a long-established alternative therapy for stress-related disorders.

This book examines the scientific contribution and increasing relevance of the Person-Centered Approach (PCA) in psychotherapy. The direction taken in the book is to provide readers with a multidisciplinary and multi-perspective view as well as practical applications. Beyond the more conventional psychotherapy applications (client-centered, experimental,

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emotion-focused, child-centered, motivational interviewing, existential, filial, etc.) others have evolved including peace and conflict resolution work, encounter and T-groups, nonviolent communication, parent effectiveness training, person-centered planning for people with disabilities, relationship enhancement methods, learner-centered education, technology-enhanced learning environments, human relations leadership training, etc. Simultaneously, scientific disciplines were influenced by this perspective in less obvious ways. Hence, the major contribution of this book is to identify and characterize the key bridges--so far only partly recognized-- between the PCA and several other disciplines. Based on the results of the bridge-building endeavor, the editors will propose an initial formulation of the PCA as a meta-theory. It is intended as a generic framework to solve complex, social problems and to stimulate further research and development concerning the human species in relationship to its environment.

Healers and visionaries, food-finders and rainmakers--as intermediaries between the physical and spirit worlds, shamans have served a vital role in indigenous cultures for more than 40,000 years. The timeless wisdom of the shaman also holds relevance for the challenges we face today. James Endredy explores shamanic paths from around the globe and discusses the tools, rituals, and beliefs that are common to most traditions. You'll discover how shamans are chosen and initiated, and how they establish a relationship with power animals, ancestors, and other inhabitants of the spirit realm. Along with many stories from his own experiences, Endredy shares insights from other scholars in the field, including Mircea Eliade, Michael Harner, and Holger Kalweit, and from indigenous shamans throughout history. Shamanism for Beginners concludes with a thoughtful, empowering look at how shamanic practices can help restore balance and peace

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to our lives and the earth.

A workbook of simple walking exercises to quiet the mind, expand consciousness, and rediscover our sacred relationship with Earth. • Foreword by Victor Sanchez, author of The Teachings of Don Carlos. • Includes 45 walking techniques that were developed from the author's work with Huichol Indians of western Mexico. • Explores the power of moving meditation for achieving new levels of spiritual awareness through connecting with elements of the natural world. • Includes group and individual exercises. In Earthwalks for Body and Spirit, a workbook of 45 simple walking exercises, author and workshop leader James Endredy shows us how the act of walking can be a catalyst for personal transformation by teaching us to develop our attention, quiet the mind, expand our consciousness, and rediscover our sacred relationship with Earth. Each of the exercises, many of which are based on the author's work with the traditional indigenous practices of the Huichol Indians of western Mexico, offers step-by-step instructions and comments that will help you to gain the most from the walk. Additionally, the author focuses each group of exercises on a different aspect of transformation?there are walks of attention and awareness; group connection; connection to the nierikas (powers) of Sun, Water, Wind, Fire, and Mother Earth; connection to the energies of animals, trees, and places of power; and finally, as a way of honoring both your new understanding of Self and your deepened relationship with Earth, walks of offering and vision.

With contributions from leading scholars and detailed catalog entries that interpret the spells and painted scenes, this fascinating and important work affords a greater understanding of ancient Egyptian belief systems and poignantly reveals the hopes and fears about the world beyond death.

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Developed by the National Academy of Sports-Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

Join James Endredy, noted author and shamanic practitioner, on a bizarre, brutal, and exhilarating excursion into realities that few people have had a chance to explore. Whether it's discovering how to dream with the Lords of the Underworld or learning to fly with the help of his eagle nagual, outwitting a soul-stealing sorceress in Veracruz or conversing with the spirit of an ancient dwarf king, these gripping firsthand accounts chronicle Endredy's mystical experiences while living and working with fifteen indigenous cultures in North and South America, Hawaii, and Mexico. Endredy's amazing, arduous, and sometimes life-threatening shamanic initiations and lessons illustrate the interconnectedness of all life, the importance of being humble enough to laugh at yourself, and the need to respect and learn from nature and her children. Undoubtedly this symposium will prove to be an important landmark in the development of our understanding of the psychopathology of human adaptation in general, as well as of the general adaptation syndrome and stress in particular. It was organized to give an opportunity to an international group of experts on adaptation and stress research to present summaries of their research that could then later be

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exhaustively analyzed. The carefully structured program brings out three major aspects of adaptation to stress in experimental animals and man. The first section deals with the neurophysiology of stress responses, placing major emphasis upon the neuroanatomical and neurochemical aspects involved. The second section is devoted to the psychology and psychopathology of adaptive learning, motivation, anxiety, and stress. The third section examines the role played by stress in the pathogenesis of mental diseases. Many of the relevant subjects receive particularly detailed attention. Among these, the following are especially noteworthy: The existence of reward and drive neurons. Constitutional differences in physiological adaptations to stress and distress. Motivation, mood, and mental events in relation to adaptive processes. Peripheral catecholamines and adaptation to underload and overload. Selective corticoid and catecholamine responses to various natural stimuli. The differentiation between eustress and distress. Resistance and overmotivation in achievement-oriented activity. The dynamics of conscience and contract psychology. Sources of stress in the drive for power. Advances in the therapy of psychiatric illness. The application of experimental studies on learning to the treatment of neuroses.

Infertility Counseling: A Comprehensive Handbook for Clinicians, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical

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conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

A step-by-step guide to optimize health, reconnect with Nature, and access the vast knowledge of the universe through autogenic training • Provides step-by-step instructions for 40 autogenic and primal mind techniques • Explains how to add healing affirmations and visualizations to autogenic practice as well as work with colors and chakras • Includes techniques to restore our primal connection to the world of Nature through practices such as Forest Bathing, Nature's Breath, and Feeling in the Dark Developed by German doctor Johannes Schultz in the early 20th century, autogenic training teaches you how to use the mind-body connection to influence and regulate the body's normally involuntary autonomic functions by passively tapping into your central and peripheral nervous systems. Often used for stress relief, autogenic training can also be used for asthma, chronic pain, migraines, constipation, anxiety, panic attacks, and a host of other conditions. In this book, James Endredy takes autogenic training to a new level, revealing how to use AT practices to optimize health as well as reawaken your senses, reconnect with

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Nature and tap into the vast knowledge and power of the universe. Beginning with the 7 standard formulas of AT, the author provides step-by-step instructions for 40 AT and primal mind techniques. He explains how to add specific healing affirmations and visualizations to your AT practice as well as how to work with colors and the chakras. He offers advanced trainings to rekindle your primal touch sensitivity, experience enhanced sight and hearing, and awaken your primal sense of smell. He reveals how to use AT to restore our primal connection to the world of Nature through practices such as Forest Bathing, Nature's Breath, and Primal Fire Connection. Drawing on more than 25 years of experience living and working with indigenous cultures, including the Huichol, Iroquois, Sioux, Maya, and Hopi, Endredy shows how, much like a vision quest, this unique combination of AT and primal mind awareness offers rites of passage sorely missing from modern life. It gives you the tools to go deeper into your physiological being, to directly experience how we relate to the world, and to reconnect with the ancient wisdom within each of us.

In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is

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a potential force. It is not psychological or transcendental, it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

A step-by-step guide to authentic advanced shamanic practices • Offers hands-on instructions for more than 30 practices, including sacred Fire ceremonies, direct shamanic viewing, shamanic death and rebirth, working with healing stones, shamanic lucid dreaming, shamanic healing, and advanced methods for acquiring an animal spirit guide • Allows solitary shamanic practitioners to advance their practice • Examines the biological foundations of spiritual experience, the many ways that Psi phenomena and shamanism are linked, and their relationship to the scientific concept of quantum entanglement In this step-by-step guide to more than three dozen advanced shamanic practices, James Endredy shares the wisdom and techniques he has learned through 30 years of working with shamanic teachers from all over the globe, including Huichol kawiteros, Tibetan lamas, Incan, Mayan, and Tukano shamans, Indian siddhas, the Kanaka Maoli of Hawai'i, and elders from many Native American tribes, such as the Seneca, Lenni Lenape, Arapaho, Sioux, Tuscarora, Yurok, Navajo, and Hopi. Endredy offers hands-on instructions for sacred Fire ceremonies, direct shamanic viewing, experiencing shamanic death and rebirth, working with and acquiring healing stones, shamanic lucid dreaming, shamanic healing, and advanced

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methods for acquiring an animal spirit guide, including how to properly retain its spirit in a sacred bundle or altar and how to use its power responsibly for healing. He provides a meticulous step-by-step approach to working with the five points of attention, a Huichol teaching on sacred awareness and shamanic levels of attention. He also examines the many ways that Psi phenomena and shamanism are linked and their relationship to the scientific concept of quantum entanglement. Showing how quantum physics is the scientific expression of shamanism, the author also explores the biological foundations of spiritual experiences, including the roles of serotonin, dopamine, and opioid transmitters, and the connections between altered consciousness and shamanic states. Integrating modern research with ancient knowledge to provide an enlightened view of shamanism that marries science and spirit, this guide offers authentic shamanic wisdom and techniques to help the solitary practitioner move forward on their shamanic path.

In a society riddled with rampant consumerism and unsustainable technology, it's easy for everyone, including shamans, to lose touch with the natural world. James Endredy, who has learned from tribal shamans around the globe, presents a new philosophy of shamanic practice called ecological shamanism, or ecoshamanism. Designed to deliver well-being and spiritual harmony, ecoshamanism is the culmination of the visionary practices, rituals, and ceremonies that honor and support nature. Exploring the holistic perspective of shamanism, Endredy encourages readers

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to establish a rewarding connection with sacred, life-giving forces using shamanic tools and practices. The author describes more than fifty authentic ecoshamanistic practices-including ceremonies, rituals, chanting, hunting, pilgrimage, and making instruments-that reinforce one's relationship with the natural world. A hands-on guide to advanced spiritual transformation through the combined sacred arts of alchemy and shamanism • Recasts the 7 stages of the alchemical "Great Work" as a transformative shamanic journey and initiatic experience • Provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of mirrors of the mind, and sacred ceremonies tied to the four elements • Explores the alchemical plant-medicine techniques of spagyrics, as well as recipes for basic tinctures and "plant-stones" Offering a unique, hands-on guide to advanced self-transformation, James Endredy shows how traditional shamanic techniques offer a doorway into the sacred art of alchemy, the inner transformation of the soul. Revealing the practical and intuitive connections between shamanism and alchemy, including not only Western alchemy but also alchemical practices from the East, Endredy recasts the 7 stages of the alchemical "Great Work" as a transformative shamanic journey and initiatic experience. He provides step-by-step instructions for 18 shamanic alchemy practices for inner transformation, including vibrational energy work, consciousness-altering techniques, the creation of mirrors of the mind, shamanic viewing, and

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sacred ceremonies tied to the four elements. Exploring the healing art of spagyrics, the author shows how this alchemical plant-medicine practice is receptive to the energetic work of traditional shamanic techniques. He details formulations for distilling shamanic spagyric remedies, as well as recipes for basic tinctures and “plant-stones.” He also discusses the creation of sacred space, altars, and shamanic distillation lodges.

Comparing shamanic and alchemical cosmologies, the author explains how both shamanism and alchemy employ direct experience of the numinous and invisible worlds, also known as gnosis, to impart wisdom, invoke peace of mind, and increase creativity and vitality.

Showing how the practical vibrational science of alchemy and the consciousness-transforming techniques of shamanism directly enhance and expand upon each other, Endredy also reveals how they have the same ultimate goals: to allow the practitioner to transmute spiritual lead into gold and to penetrate the deep secrets of life and of nature.

Cyclical Psychodynamics and the Contextual Self articulates in new ways the essential features and most recent extensions of Paul Wachtel's powerfully integrative theory of cyclical psychodynamics. Wachtel is widely regarded as the leading advocate for integrative thinking in personality theory and the theory and practice of psychotherapy. He is a contributor to cutting edge thought in the realm of relational psychoanalysis and to highlighting the ways in which the relational point of view provides especially fertile ground for integrating psychoanalytic insights with the ideas and methods of

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other theoretical and therapeutic orientations. In this book, Wachtel extends his integration of psychoanalytic, cognitive-behavioral, systemic, and experiential viewpoints to examine closely the nature of the inner world of subjectivity, its relation to the transactional world of daily life experiences, and the impact on both the larger social and cultural forces that both shape and are shaped by individual experience. Here, he discusses in a uniquely comprehensive fashion the subtleties of the clinical interaction, the findings of systematic research, and the role of social, economic, and historical forces in our lives. The chapters in this book help to transcend the tunnel vision that can lead therapists of different orientations to ignore the important discoveries and innovations from competing approaches. Explicating the pervasive role of vicious circles and self-fulfilling prophecies in our lives, *Cyclical Psychodynamics and the Contextual Self* shows how deeply intertwined the subjective, the intersubjective, and the cultural realms are, and points to new pathways to therapeutic and social change. Both a theoretical tour de force and an immensely practical guide to clinical practice, this book will be essential reading for psychoanalysts, psychotherapists and students of human behavior of all backgrounds and theoretical orientations.

A story of awakening to remarkable shamanic powers, teachings, and techniques • Describes the author's work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon • Explores the practice of soul retrieval and shamanic work with feathers, stones, and

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sound • Includes techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential

After surviving a serious elevator crash in London, Howard G. Charing found he had developed healing touch as well as the ability to hear voices and experience visions--just as a healer in Italy had predicted only a week before the accident. He began using his abilities to heal but felt he needed more guidance and training. He first connected with a national spiritual healing organization, only to be told he was doing everything wrong. Then, through a friend, he discovered shamanism. Sharing profound teachings and extraordinary experiences from his more than 30 years of shamanic healing work, Charing explains how he accidentally became a shaman and completely changed the course of his life. He describes his work with plant spirits, entheogens such as ayahuasca, and indigenous shamans during his 20 years of fieldwork in the Peruvian Amazon, including his studies with the late visionary artist Pablo Amaringo. Investigating altered states of perception, he provides visionary techniques for exploring non-ordinary reality, exercises for expanding sensory perception, and practices to open your creative artistic visionary potential. Detailing the practice of soul retrieval, the author discusses why it is one of the most effective and profound spiritual healing practices and shares emotionally charged stories of successful shamanic healings he has attended. He also includes shamanic wisdom on working with feathers, stones, and sound and compares current research in physics with the

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vast body of experiential knowledge from indigenous spiritual traditions. From the accident that started his journey to the many remarkable spiritwork encounters that have happened since, Charing's story will empower readers to begin exploring the realms of consciousness and energy that surround us and welcome the dissolution of the boundary between the physical and the spiritual.

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